

September - Lesson Plan Grades 2-3

THE COLOR way



Objectives

Learn the concept of grouping fruits and vegetables by color.

Learn the need to eat fruits and vegetables from all five color groups to stay healthy.

Supplies Needed

September

Pick a **better** snack™ & ACT bingo card

“Colorful Fruits and Vegetables” reference page

Background

Each year during the month of September, the Produce for Better Health Foundation conducts a nationwide effort to promote eating colorful fruits and vegetables daily for better health. It is important to eat a variety of fruits and vegetables within each of five color groups (blue/purple, green, white, yellow/orange, and red) because individual fruits and vegetables contain different nutrients and phytochemicals.

Phytochemicals are natural plant compounds that may provide a variety of health benefits. “Phyto” comes from the Greek word for plant, so phytochemicals are chemicals found only in plants. Phytochemicals give plants their color and aroma. This means that blue blueberries contain different phytochemicals than green spinach, and oranges smell differently than onions.

It is important to eat a colorful variety every day because each fruit or vegetable has its own mix of vitamins, minerals and phytochemicals that work in different ways to help keep a person healthy:

- Bananas contain the mineral potassium, which helps keep blood pressure normal
- Red peppers contain vitamin C, which helps keep gums healthy
- Grapes contain a phytochemical (Quercetin) that may help keep a person’s heart healthy

Some vitamins, like A and C, and many other phytochemicals are antioxidants. This means they may help prevent disease. Antioxidants work by gobbling up leftover parts of oxygen molecules (called free radicals) before they can damage cells in the body that eventually cause disease.

Activities below have been selected from “There’s a Rainbow on My Plate,” developed by the Produce for Better Health Foundation.

Note: Do not emphasize the number five or “five servings”. Download “How many fruits and veggies do you need?” handout at www.idph.state.ia.us/pickabettersnack to quickly calculate how many fruits and vegetables your students need each day.”

Web Site Resources

www.idph.state.ia.us/pickabettersnack
www.fruitsandveggiesmorematters.org
www.mypyramid.gov/kids/index.html

Do the Activity:
2nd Grade

Introduce the activity by helping students associate fruits and vegetables with color. Write the following color words on the chalkboard: blue/purple, green, white, yellow/orange, and red. Assign each row or table of students a color group. Have each student write the name of a fruit or vegetable under the assigned color group for their row/table.

3rd Grade

Introduce the activity by helping students associate fruits and vegetables with color. Have students write down on a sheet of paper the color words: blue/purple, green, white, yellow/orange, and red. Have each student write down as many fruits and vegetables they can think of for each color group. Share answers to generate a class list

Examples:

- Blue/purple – blueberries, eggplant
- Green – cucumber, peas
- White – banana, pear
- Yellow/orange - lemon, carrot
- Red – tomato, radishes

(See “Colorful Fruits and Vegetables” reference sheet for a listing of fruits and vegetables to help with ideas and spelling).

Note: If you eat the skin of a fruit or vegetable, it is grouped by the color of its skin; if you don’t eat the skin, it is grouped by the color of its flesh.

Talk It Over:

Talk about produce that can be more than one color such as peppers (red, green, yellow, purple) and grapes (green, red, purple).

Talk about classifying produce by the part we eat. For example, bananas are part of the white group because we eat the white fruit, not the yellow skin. Green apples are part of the green group because we eat the green skin.

Apply:

Have the students help plan a different fruit or vegetable snack for each day of the week, representing a different color group each day.

Distribute the Pick a **better** snack™ & **ACT** bingo cards. The cards will be given out each month. Each month the cards will feature different fruits and vegetables and activities that will help you stay healthy. The snacks on the September bingo card are plum, zucchini, apple, and tomato.

Have the students raise their hands if they have eaten any of the fruit and vegetables pictured on the bingo cards as you identify them. We should eat fruits and vegetables at each meal and for snacks every day. Explain that the bingo cards teach that there are all kinds of fruits and vegetables for you to try and lots of ways to be physically active.

Tell the students that when they eat one of these foods, or do one of the activities, they can put an "X" through the corresponding picture on the bingo card. When they have completed a row, either across, up and down or diagonally, they can turn in the card for incentives.

Extend the Activity



Art, Music & PE

Make fruit or veggie pizza using round brown cardboard or construction paper circles for the crust. Cut out topping from colored paper, trying to get as many different colors of fruits and veggies as possible.



Language Arts & Reading

Read The Giving Tree by Shel Silverstein, Harper Collins, 1992.



Math

Use fruit and vegetable names in word problems that you write on the board.



Science & Health

Students classify an assortment of fruits and vegetables by attributes. Example: Edible seeds – strawberry, raspberry, pears; non-edible seeds – peach, plum, watermelon; root – carrot, potato, radish.



Social Studies

Map Study – Grid Coordinates. Label the classroom like a grid. Use masking tape or jump ropes to divide the room into sections. Place vegetables (real, pictures or names) in different sections in the room. Have students name coordinates to locate vegetables.

Colorful Fruits and Vegetables

Identify which color group(s) the fruits and vegetables belong to using the following code:

B = blue/purple; **G** = green; **W** = white; **Y** = yellow/orange; **R** = red

*Means that the fruit or vegetable belongs in more than one color group.

	Color Group(s)
Apples*	R, Y, G
Apricots	Y
Artichokes	G
Asparagus*	B, G
Avocados	G
Bananas	W
Beets	R, Y
Belgian Endive	B
Blackberries	B
Blueberries	B
Broccoli	G
Brussels Sprouts	G
Butternut squash	Y
Cabbage*	B, G
Cantaloupe	Y
Carrots*	B, Y
Cauliflower	W
Celery	G
Cherries	R
Chinese Cabbage	G
Cranberries	R
Cucumbers	G
Dates	W
Dried Plums	B
Eggplant	B
Elderberries	B
Endive	G
Figs	B
Garlic	W
Grapefruit*	R, Y
Grapes*	B, G
Green Beans	G
Honeydew Melon	G
Jicama	W
Kiwifruit*	G, Y
Leafy Greens	G
Leeks	G
Lemon	Y

	Color Group(s)
Lettuce	G
Limes	G
Mangoes	Y
Nectarines*	Y, W
Okra	G
Onion*	G, R, W
Oranges*	R (blood), Y
Papayas	Y
Parsnips	W
Peaches*	Y, W
Pears*	R, G, Y
Peas	G
Peppers*	B, G, R, Y
Persimmons	Y
Pineapples	Y
Plums	B
Pomegranates	R
Potatoes*	B, R, W
Pumpkin	Y
Radishes	R
Raisins	B
Raspberries	R
Rhubarb	R
Rutabagas	Y
Shallots	W
Spinach	G
Strawberries	R
Summer Squash	Y
Sweet Corn	Y
Sweet Potatoes	Y
Tangerines	Y
Tomatoes	R, Y
Turnips	W
Watermelon*	R, Y
Winter Squash	Y
Zucchini	G

PHYSICAL ACTIVITY



Objectives

Encourage students to be physically active for 60 minutes everyday.

Encourage students to explore different and creative ways to be physically active.

Supplies Needed

September
Pick a **better** snack™ & ACT
bingo card

"Children's Activity Pyramid"
worksheet

Background

Physical activity is an important part of overall health. The National Association of Sport and Physical Education (NASPE) recommends the following physical activity guidelines for children:

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
3. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
4. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

Children and adolescents can choose any type of moderate or higher intensity physical activity, such as brisk walking, playing tag, jumping rope, or swimming, as long as it adds up to at least one hour a day.

For children and adolescents, regular physical activity has beneficial effects on the following aspects of health:

- Weight
- Muscular strength
- Cardio respiratory (aerobic) fitness
- Bone mass (through weight-bearing physical activities)
- Blood pressure (for hypertensive youth)
- Anxiety and stress
- Self-esteem

Children and adolescents who are just beginning to be physically active should start out slowly and gradually build to higher levels in order to prevent the risk of injury or feel defeated from unrealistic goals. It is important that children and adolescents are encouraged to be physically active by

doing things that interest them. This will help them establish an active lifestyle early on.¹

¹This physical activity recommendation is from the Dietary Guidelines for Americans 2005

Web Site Resources

www.idph.state.ia.us/pickabettersnack

www.mypyramid.gov/kids/index.html

www.aahperd.org/NASPE/

www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm

Do the Activity:

Discuss the importance of physical activity with the students. What does it mean to be physically active, why is it important to be physically active, etc.

Give students blank Activity Pyramids and work through the physical activity pyramid with the students. Discuss what type of activities fit into each section of the pyramid and what the shape of the pyramid symbolizes?

(Note: The activity pyramid is different than My Pyramid, the original food guide pyramid. My Pyramid lessons will be December – February.)

Talk It Over:

Explain the different sections of the pyramid. Have the children be creative and come up with ideas for what they think best fits into each section of the pyramid.

Cut Down On: TV watching, video and computer games, and sitting more than 30 minutes at time.

2-3 Times a Week

Leisure and Playtime: Swimming, canoeing, tumbling, miniature golf

Strength and Flexibility: push-ups, chin-ups, martial arts, dancing (such as ballet), stretching (touching your toes, reaching for the sky), yoga

3-5 Times a Week

Aerobic Activities: Rollerblading, biking, skateboarding, swimming, running, jumping rope, fast dancing

Recreational Activities: Volleyball, basketball, soccer, kickball, relay races, hockey, tennis

Everyday: Playing outside, walking to school, walking the

dog, raking leaves, shoveling snow, going for a walk

Apply:

Ask the students:

What have we learned from the activity pyramid?

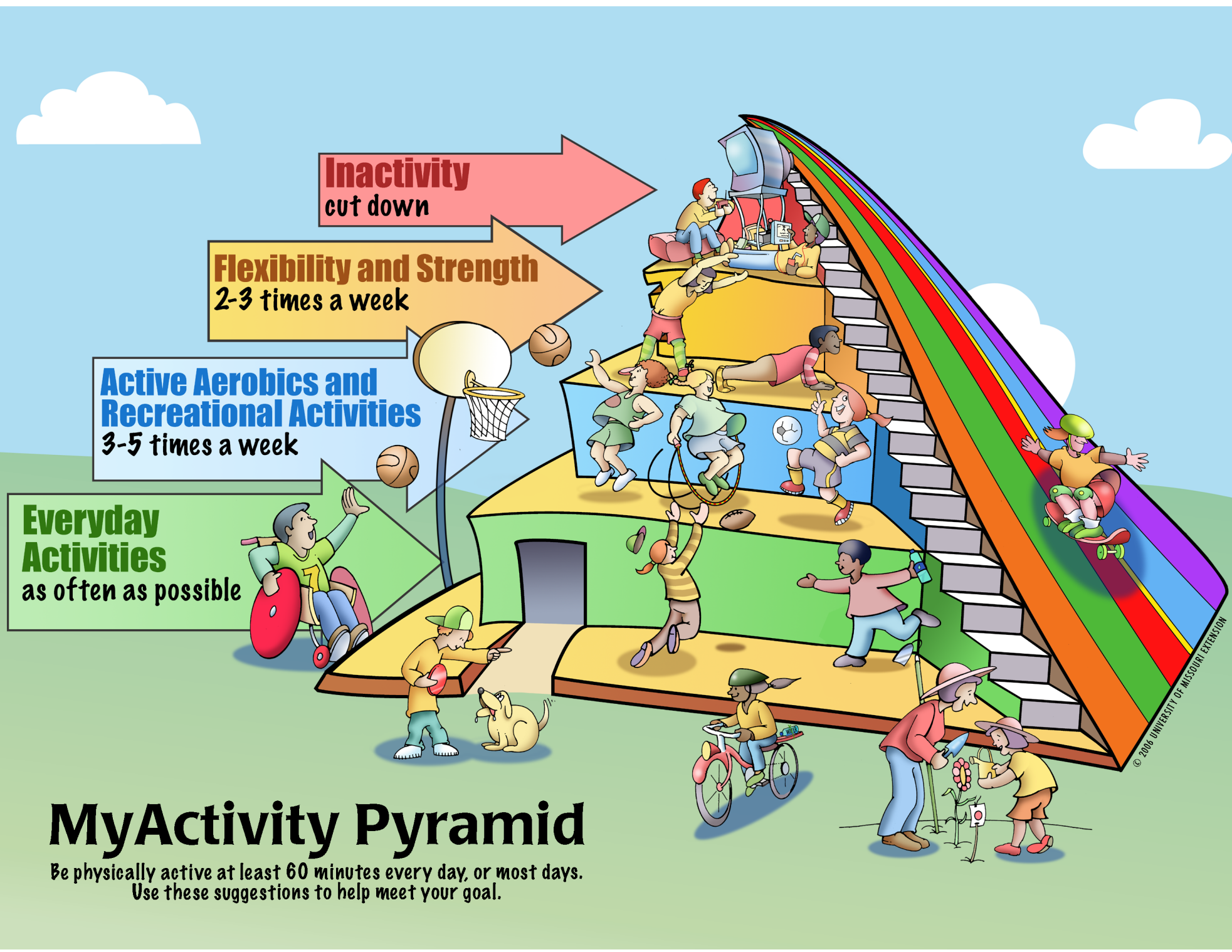
What are some activities you could do in September outdoors with your friends?

What are some activities you could do with your family?

What are the activities on the September bingo card?

Walk	Run
Roller skate (roller blade)	
Stretch	Jump
Slide	Ride a bike
Sweep	Play

Discuss the activities with the students. Are there any activities that may be more challenging than others to do? What are some simple solutions for this? Remind students to be creative with the bingo card.



Inactivity
cut down

Flexibility and Strength
2-3 times a week

**Active Aerobics and
Recreational Activities**
3-5 times a week

**Everyday
Activities**
as often as possible

MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

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MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal:

Everyday Activities	Active Aerobics and Recreational Activities	Flexibility and Strength	Inactivity
As often as possible	3-5 times a week	2-3 times a week	Cut down
<ul style="list-style-type: none"> • Playing outside • Helping with chores around the house or yard • Taking the stairs instead of the elevator • Picking up toys • Walking 	<ul style="list-style-type: none"> • Playing basketball • Biking • Playing baseball or softball • Rollerblading • Skateboarding • Playing soccer • Swimming • Playground games • Jumping rope 	<ul style="list-style-type: none"> • Practicing martial arts • Rope climbing • Stretching • Practicing yoga • Doing push-ups and pull-ups 	<ul style="list-style-type: none"> • Watching television • Playing on the computer • Sitting for too long • Playing video games 

Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

This publication is adapted from USDA's MyPyramid and was funded in part by USDA's Food Stamp Program.